



Sinister Shoulders

OVERVIEW

COMMENTS



Russel Orhii

Powerlifter & bodybuilder

LENGTH

4 weeks


1

CIRCUIT


Warm up


20 DB Frontal Raises

20 Side Laterals



2





2

Seated DB Shoulder Press

10-8-6-4-2 reps



5





3

Cable Upright Rows

12-12-12-12 reps



4





4

DB Rear Delt

10-10-10-10 reps



4







Swipe to complete